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PA-748 • DIVISION OF HOME ECONOMICS • FEDERAL EXTENSION SERVICE • U.S. DEPARTMENT OF AGRICULTURE

August 1966

~~log: 01/20/86 208~~

~~Rec: 5/17/8~~

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# MEAT GROUP

## Solid Treasures



A GUIDE FOR  
PROGRAM AIDES  
IN HOME ECONOMICS

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# MEAT GROUP

## Solid Treasures

### A GUIDE FOR PROGRAM AIDES IN HOME ECONOMICS

#### I. PURPOSE

To help families use foods from the meat group to get the most food value for their money.

#### II. POINTS TO MAKE

- *This* group includes many kinds of foods—meats, poultry, fish, eggs, dry beans, dry peas, and peanut butter.

Choose those that suit the needs of your family.

- *Foods* like dry beans, dry peas, and peanut butter are often low in cost.
- *Two* or more servings from this group each day help children grow and adults keep strong and well.
- *Some* donated foods are a part of the meat group. Make good use of them.
- *Fresh* meats, fish, poultry, and eggs need to be kept cold. Store dry beans and peas in tightly covered jars or cans.
- *Meats*, poultry, fish, and eggs should usually be cooked with low heat.
- *Tough cuts* of meat need to be cooked with water or other liquid to make them tender. They can be stewed or pot roasted.
- *Tender cuts* don't need to be cooked with liquid. They can be broiled, baked, or pan-fried.

*What other points* about the meat group could you make to families?

#### III. WAYS TO SHOW AND TELL

- *Look* for good ways the family is using the meat group. Women need to know when they are doing a good job.
- *Give* the homemaker a chance to tell how she uses meat, poultry, fish, eggs, dry beans and peas, and peanut butter.
- *Wait* until the homemaker gets to know and like you before you suggest changes. She may prefer her own ways and not want to change. She needs time to think over new ideas.
- *Show* her how to choose foods from the meat group more wisely.
- *Show* her how to make changes that will work and that her family will accept.
- *Offer* to take her shopping. Show her how she can stretch her meat dollar.
- *Tell* her how she can store fresh meat, poultry, fish, eggs, dry peas and beans, and peanut butter.
- *Show* her how to cook meats, poultry, fish, eggs, dry beans and peas in her home. Use her pots and pans. Point out best methods to use.

- *Talk* about how she can help her family try new ways of using meats. She can serve meats with foods they already like. Offer ideas and recipes.
- *Explain* why she should try new foods. A mother may be willing to serve a new recipe if she knows her child needs these foods to grow.

How else could you show a family how to choose and use foods from the meat group?

#### IV. THINGS FOR THE FAMILY TO DO

*Try* to use foods from the meat group more wisely.

*Use* donated meats, eggs, peanut butter, dry beans and peas first—if they have them. Then add the low-cost meats such as chicken, tuna, hamburger, canned luncheon meats.

*Decide* on a new food in this group that the family would like to try, and make it.

*Choose* meats that give the most food value for the money.

*Choose* many kinds of meats instead of always using the same kinds.

*Tell* a neighbor about a new way to use a food from the meat group.

What other things might a family do to help themselves?

#### V. THINGS TO NOTE—A LOOK AHEAD

- What changes have you noticed in the amounts and kinds of food the family buys and uses?
- Do your women ask questions?
- Tell your trainer agent what kinds of questions they ask.
- Does the mother succeed with things she tries?
- What happens when she tries new ideas?
- Are other family members interested?
- Did the housewife try your ideas? Was she willing to work with you? Then suggest that she invite some friends or neighbors to meet with you. Serve some food from the meat group. Let the women tell each other how they use foods from the meat group.
- Keep meeting with the group. Discuss other ideas about feeding their families.
- Write about the families' use of the meat group on their Food-Use Sheets.

#### VI. MATERIALS FOR FAMILIES

Ask your trainer agent for leaflets you can use with families.